# BAR HILL NEWS

**Brought to you by the Bar Hill Community Association**
**August 2023 Issue 648**

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**THANK YOU TO EVERYONE WHO ATTENDED THE FETE & FESTIVAL. THE DATE FOR NEXT YEAR IS SATURDAY 13TH JULY 2024 - SAVE THE DATE!**

# Your Community Hub — August 2023 Service Timetable

**Every Monday, 10- 12 (unless otherwise listed) in the Octagon (opposite Maple Surgery)**
**The Hub is for people of all ages as a place to gather & enjoy community!**

| | | |
|---|---|---|
| 7 August | Coffee Stop, Foodbank, Citizens Advice Drop In (9-12) & Meet a Parish Councillor | Health & Wellbeing 10:15 -10:45, 10:45 - 11:45 5AsideChess |
| 14 August | | Carers Café 10-11:30 |
| 21 August | | Health & Wellbeing 10:15 -10:45 |
| 28 August | BANK HOLIDAY - NO HUB | |

**WHAT:** The Hub is a busy gathering space, providing a warm, comfortable, welcoming pace for our entire community. Come along and join us, we look forward to seeing you.

**Coffee Stop:** Pop in for a coffee, a piece of cake and a chat with friends, old and new!

**Food bank:** No need for any vouchers. If you are struggling financially, drop by and let us help you, available from 9am

**Citizens Advice:** We are operating as **DROP-IN** only in August

**Health & Wellbeing:** On the 1st and 3rd Monday of the month, take advantage of some exercise guidance from our experienced coach and visiting speakers

**Carers Café:** On the 2nd Monday of the month, by Maple Surgery, who will be providing support for any carers in the village, even if you are not a patient of Maple Surgery

**Meet a Parish Councillor:** you can meet one of our Parish Councillors to discuss any issues within our village, between 10am and 12pm within the Coffee Stop.

**Survival English:** By prior registration only.

**5AsideChess:** Launching on Monday 7 August, between 10.45 & 11.45 – 5AsideChess is a great way to connect and start a conversation with people happy to teach you this wonderful game. Come along and join us for refreshments and some and a chat!

Contact: **0800 088 6522** or email: **barhilladvice@gmail.com**


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# BAR HILL COMMUNITY ASSOCIATION

| | |
|---|---|
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| **Vice Chair** | Anthony Mitchell |
| **Secretary** | Jenni Foster-Smith |
| **Treasurer/ BHN Advertising** | Hilary Whipp |
| **BHN Editor** | Andy Pellew |
| **Features Editors** | Liz Dams, and Bridget Wilson |
| **Trustees** | |
| Bunty Waters | Jo Hall |
| Laura Chapman | Kate Da Costa |
| Barry Dean | |

If you'd like to contact the BHCA then you can either write to us **c/o Bar Hill Parish Council Offices, Hanover Close, Bar Hill. CB23 8EH**, email **chair-of-trustees@barhill-ca.org**, or call **07814 871752**.

We meet monthly on the second Tuesday at 7:30 pm in the Social Club. If you'd like an agenda please get in touch!

Opinions expressed in this publication are not necessarily those of the Association. Anonymous letters will not be published. Names and addresses may be withheld.

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion.

All items should be submitted to **bhn-editor@barhill-ca.org**

**See www.barhill-ca.org**

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## LETTERS, NOTICES & ANNOUNCEMENTS TO THE EDITOR

Please send your letters & notices to **bhn-editor@barhill-ca.org**. Thank you!

Marilyn Collins and family would like to thank everyone who came to the Thanksgiving Service at Bar Hill Church to celebrate Patrick's life.

Thank you too for the many lovely cards and messages we have received, and for the generous donations to the Alzheimer's Society for dementia research.

Marilyn Collins

## CHARITY AFTERNOON TEA FOR BREAST CANCER NOW

Date: Friday August 4th

Time: 2 – 4pm

Where: Bar Hill Sports and Social Club

Come and join us for tea, coffee and cakes and support Breast Cancer Now

All welcome

## Bar Hill Ladies Book Club

The ladies book club doesn't meet in August, see you all in September!

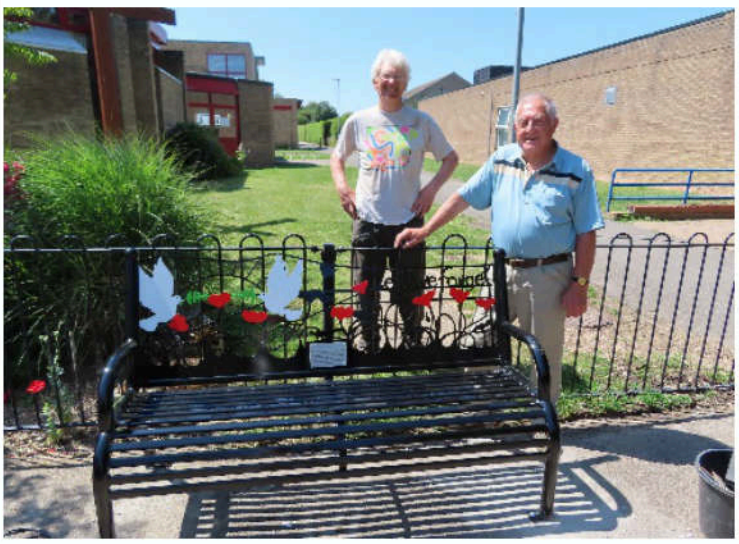
For details of future events please email **sheilafarrar@hotmail.co.uk** or call/text **07920 558319**

Dear Residents,

As you may have noticed, the Memorial Bench has now been installed just outside the memorial garden. Many thanks to Mike Watson and his humble apprentice Malcolm Cox for the installation.

I would also like to thank John Wadsworth, Joan Tanton and Karen Austin (Community Market) for their donations, which have enabled me to purchase 2 soldier silhouettes which will be displayed during the Poppy appeal.

Maggie Cox





The deadline for submissions is the second Thursday of the Month. Please send your article to **bhn-editor@barhillca.org** (PDF, Word, Pages, etc)

# COMMUNITY FOCUS: Reverend Wendy Wale

I recently went to the home of the new Minister of Bar Hill Church, The Reverend Wendy Wale. I was greeted warmly by Wendy and her dog, Jonah.

I asked Wendy how she is finding her new job. "We love it here: everyone is so friendly. Jonah loves it too"

Wendy went on to explain that her previous role was as a Pioneer Minister at Beverley Minster, East Yorkshire. Thinking this sounded an exciting and perhaps challenging role, I asked her to explain more. "There are many people who aren't interested in attending a traditional church service, but still have an interest in faith or spirituality. I did a lot of work in the community, and helped begin new forms of church for families and young people, including church in a garden and cafe church." She went on to say that she sees herself as a minister for Bar Hill village not just Bar Hill church, and is looking forward to joining in with community events and activities.

Prior to her ordination as a priest in the Church of England, Wendy was a primary school teacher for 15 years and also trained as a systemic therapist. I asked her to explain the work a systemic therapist does. "Systemic therapists recognise that we are all part of 'systems' - families, relationships, work places, social clubs etc. When something in the system 'breaks' everyone is impacted, The therapist helps people explore positive ways to bring about changes that help the whole system."

I asked Wendy what drew her to Bar Hill. "The ecumenical nature of the job was really appealing. I believe diversity is very important. There is a real sense of community here, Bar Hill church is run by a team rather than a hierarchy."

Wendy was also keen to move closer to her parents and family in Stamford. "I grew up in Stamford and studied English and Education at Homerton College, Cambridge, so proximity to Cambridge also appealed.

"My husband Tom and I were due to stay in the hotel when we first arrived, but were unable to because it was closed to accommodate the asylum seekers. I used to teach in central London, where pupils spoke 41 different languages and were

predominantly from Muslim backgrounds. I trained to be a priest in central Birmingham where religious diversity is part of everyday life. I am very used to working with people of all faiths."

She went on to say "When we arrived, we were delighted to read the Bar Hill News and visit The Hub."

The Hub is an amazing facility in Bar Hill, run by volunteers from the community, which now welcomes asylum seekers too.

"I am loving spending my Monday mornings there, meeting people and enjoying the warm hospitality." Wendy went on enthusiastically "There is never a dull moment with trained listeners, Citizens Advice, the food bank, the carers cafe, the councillors drop in, and so much more"

Wendy told me that Jonah, their Cockapoo, was bought to be a therapy dog when she was chaplain at Wadham College, Oxford. "I took Jonah into college the day after we got him at 12 weeks old. From then on, he was walked, cuddled, trained and adored by students and everyone who worked at Wadham. Students often missed their pets at home, so the opportunity to interact with a fluffy, friendly cockapoo helped manage stress and provide a break from the intensity of essay writing."

"As dogs weren't allowed in the college, Jonah had to pretend to be a cat! He was even featured in a national newspaper article focussing on student mental health and wellbeing,"

Wendy confesses to being an avid tea drinker, she enjoys walking Jonah or cycling around the village. She is very much looking forward to a visit to Bar Hill Primary School to meet the children. Meanwhile, I hope to bump into her again soon for a cup of tea and another chat.

**By Bridget Wilson**

Yoga For Seniors
Join yoga summer school for seniors: 3 times a week during the period July 17th /August 11th at the Bar Hill Church Main Hall.
Send an email to Sofija at sofijapq@gmail.com for more details and registration

## Bar Hill Church Knit & Natter

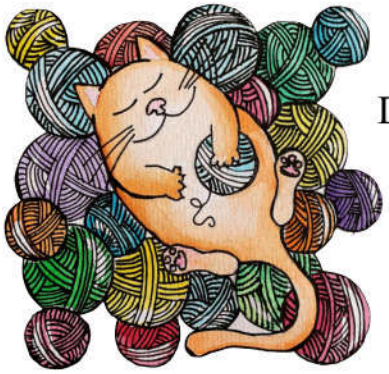
We continue to meet regularly on a Thursday afternoon from 1.30 until 3.00pm at The Octagon. All are welcome.

As a well established friendly group, we enjoy knitting and are all very good at "nattering".

Our aim has always been to welcome and encourage people to join and meet old friends and make new ones. Also to encourage people to use their knitting skills to make things that other people need anywhere there is a need.

We have made vast quantities of baby clothes, scarves and hats for children and adults wherever the need arises in this country or another. We recently made a number of blankets to go into Food Bank parcels at Christmas.

We are always very grateful for donations of wool for our projects if anyone has any spare. Thank you for recent donations they are greatly appreciated.



During our afternoons together, as well as knitting and nattering, we have a regular exercise slot when Wendy keeps us stretched and strengthened with fun exercises. (soon after that we have tea and cakes !!)

Are you interested in joining us? Either phone me or just turn up on a Thursday afternoon. We look forward to seeing some new faces as well as our lovely familiar ones. P.S. You don't have to be able to knit to join us, we are very happy with nattering.

Sue Kenchington **780260**.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## Over Day Centre Bike Ride Sunday 25th June 2023

Very many thanks to everyone who supported this year's bike rides and the riders who enjoyed the rides of 100k, 50k and shorter family rides, enduring a very hot day. With the two rides from Northstowe and the three from Over, 123 riders joined us with nearly £3,000 raised for the Day Centre, towards solar panels and new bathing facility for clients.

We hope that the photos capture the spirit of the rides as well as the 'after-party' held at Over Community Centre.

The 100k ride - Photos kind courtesy of Julian Eales, Eales Photography

Thanks to our most generous sponsors Law & Lewis, Joiners; Cambridgeshire Bathrooms; Redmayne, Miller Rees Estate Agents; Swavesey Physio and Fen Edge Community Association met event expenses so that every penny from rider donations went to the Day Centre.

To Tom Miller, First Aider; Darryl Bass, Passionate Flowers, Broom Wagon; and Brucies Bikes, Mechanical Support; to Tesco, Bar Hill for drinks & snacks for the family rides; to the Over Community Centre for the BBQ & bar with live music from RPM; to all local businesses who so generously gave raffle prizes; to Julian Eales, event photographer; to Mohawk cafe and Frankies for water & snack stops; and to the registration teams, rides marshals and sweepers who helped the event run smoothly.

Finally, we must thank Willingham Wheels and Swavesey & Over Cycling Club for planning, risk-assessing and signing the rides and to the Day Centre Trustees who organised publicity and helpers.

We hope you can join us for next year's rides, provisionally Sunday 30th June 2024.

Steve Jolley
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# BAR HILL DISTRICT COUNCILLOR'S REPORT

Cllr Bunty Waters - **bunty.waters@ntlworld.com**
**01954 201421/ 07734 690580**

**Welcome** if you are new to the village, meet me in the HUB on Monday mornings for a coffee, you can contact me if I can help in any way or you would like more information

What an enjoyable day at the Bar Hill Community Fete on 8th July, it shows what a brilliant village we live in and giving fun for so many people, it was great to see so many there and big thanks to all who organised it for 2023.

## Helping People Get Healthy

People in South Cambridgeshire are being encouraged to stay fit and healthy thanks to grants worth more than £22,000 from the District Council.

The funding pots were approved at the District Council's Grant Advisory Committee:

- £13,000 of funding from our Leisure budget is aimed at voluntary organisations, specialist groups and/or leisure centres to apply for. Grants of up to £2,000 will be available to run activity sessions specifically for people living with a chronic health condition such as Parkinsons, Diabetes or Dementia. Available to apply from July
- A further £9,000 from our Leisure budget is for leisure centre operators in South Cambridgeshire to run new or restart physical activity classes, which may have stopped due to Covid. Grants of up to £1,000 will be available. Available to apply from July
- In addition, the Council is arranging a 12-week physical activity programme called Exercise4Fun. This is a free programme for adults aged 18+ with a BMI of more than 25, who are inactive. This has been made possible with funds from the Public Health 'Healthy Weight' grant from Cambridgeshire County Council. Referrals are via health professionals or self-referral. The Exercise4Fun programme is designed to help people become active with a range of activities to improve fitness, socialise, learn new skills, and improve overall wellbeing. The programme will consist of group activities like fitness classes, walking sports, team games, healthy eating, and wellbeing walks. Once signed up, and following attendance of their first session, each participant will receive a free 90-day pass to use at their leisure centre. This membership will include access to the gym, fitness classes, swimming, badminton, and other activities delivered by the Centre. Anyone wishing to find out more about this programme ahead of its official launch can email **duty.communities@scambs.gov.uk** for further information. Once the scheme is formally launched further details will be made available on our website.

## SUPPORTING RURAL HOUSING

The District Council is supporting Rural Housing Week to raise awareness of how we help local people either rent or get onto the property ladder.

One way we do this, is through the Rural Exception Site policy, which has enabled registered providers to build 458 affordable homes across South Cambridgeshire since 2009.

In addition, more than 30 new homes are due to be completed on rural exception sites in the district in the next two years.

# Bar Hill Church news

## Services

| | |
|---|---|
| Sun 6 August, 10:00 am | Holy Communion (Methodist) led by Revd Wendy Wale |
| Sun 13 August, 10:00 am | Pet service led by Di Gunton and Revd Wendy Wale |
| Sun 20 August, 10:00 am | Holy Communion (Reformed) led by Revd Wendy Wale |
| Sun 27 August, 10:00 am | Morning Worship led by Heather Smethurst |

Sunday morning services can also be attended via Zoom: meeting id 882 9761 3899, password: 284740.

### Children's activities

Our usual pattern is to provide separate activities for children on the first and third Sundays of the month. These services follow a more traditional style that includes Holy Communion; children leave for their activities after the first hymn. Services on the second and fourth Sundays are suited for a wide range of ages and children remain in church.

### Morning Worship (by Zoom)

8:15 am Mondays to Fridays, by Zoom only, for approximately 20 minutes. All are welcome. Use the same Zoom link as above.

## Contacts

Church Office: Ian Farr, 01954 206120, church.office@barhillchurch.org.uk
Working hours vary but usually include Monday, Tuesday and Wednesday mornings.

Minister: Revd Wendy Wale, 07780 828865, minister@barhillchurch.org.uk
Working days are Monday, Tuesday, Thursday and Sunday

Website: https://barhillchurch.org.uk

Facebook: https://facebook.com/barhillchurch

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## Helping Hedgehogs in August.

Hedgehogs succumb to a variety of pathogens when out in nature. While some are not dangerous when sustained at low burden, others can cause life - threatening illness. Thankfully, we are able to treat these in the hedgehog hospital.

Please continue to put water out each night along with food such as kitten biscuits/ dog / cat food.

For help and advice contact : Liz Dams - **07912 988898** / Shepreth Hedgehog Hospital - **07947 361187**

## Hedgehog Fact

Hedgehogs are good runners, proficient climbers and can swim well. Although their eyesight is poor. They have a good hearing and well developed sense of smell.

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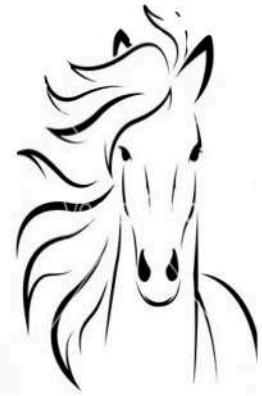

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## HAPPY HOURS - August 2023

The Bar Hill Happy Hours club meets in the main bar area of the Bar Hill Sports and Social Club between 2 and 4pm on Friday afternoons for tea/coffee and cakes, getting together with friends, fun and games. All of this for only £2 per person. The bar is open if you want something extra.

We are looking for new members to join us, so if you are 50 or over, want to get out, see some old friends, meet some new ones and have some fun why not come along and join us.

Coming up:

**4th Aug: Charity Afternoon tea for Breast Cancer Now**

**11th Aug: Casino Afternoon**

**18th Aug: Bingo and a Quiz**

**25th Aug: National Banana Split Day**

If you give us a try your first week is free.

Anne Plumb, Tel: **01954 780364**, email: **anne@rwp10.plus.com**

## Bar Hill Catholic Mass

*Celebrating our love of God – Meeting with friends – Volunteering*

From 7th January 2023 Mass will be held in Bar Hill Church at 6pm on Saturdays. Our services are open to all and everyone is very welcome to attend.

If you have any queries please call Bunty Waters **07734 690580** who will be happy to help.

Our local parish priest is Father Adrian Gates, from OLEM, Ditton he is also the Hospital Chaplain - he can be contacted on **07842 190882**.

We look forward to welcoming you!

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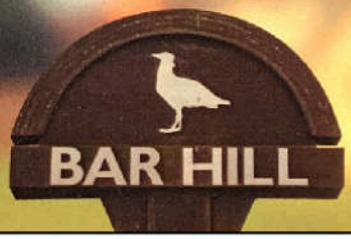
# Bar Hill Neighbourhood Watch

*working for a safer community*




To contact Neighbourhood watch please email **nhwinbarhill@yahoo.co.uk**

To keep up to date on the latest developments please join us on facebook: **bit.ly/FBBarHillNHW** (or search for "Bar hill NHW")

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## Bar Hill Tennis Club
## NEW SEASON

**www.barhilltennisclub.co.uk**

Has Wimbledon inspired you to try tennis? Our Club night season is now fully underway and we welcome players of all abilities. Why not give tennis a try this year!!

Our membership rates are very competitive and membership entitles you to play at any time.

Check out our website for details!

What better way to enjoy summer and the the better weather than enjoying a game of tennis!

Membership entitles you to play at any time throughout the year until 31.3.24 as well as at our Tuesday and Thursday club nights. There is an active WhatsApp group for members to share information and find playing partners.

If you would like a "taster" your first visit to our Club nights is free and we welcome players of all abilities – why not give it a try. Tennis is an excellent way to keep fit and enjoy the summer evenings in a relaxed and friendly environment.

Courts can also be hired for private play via our website.

Our Adult Club nights are Tuesdays & Thursdays 6.30 to 9pm through to autumn and beyond if the weather is favourable. We look forward to seeing you!

CONTACT:

Paul Chubbuck (Secretary) 01954 781688, Mobile 07983 435104

Email: info@barhilltennisclub.co.uk

FOR MORE INFORMATION GIVE US A CALL OR VISIT OUR WEB SITE

Buttercups CHILDCARE LTD

## Bar Hill Day Nursery and Out of School Club

www.buttercupschildcareltd.co.uk

Bar Hill Day Nursery is based in Gladeside, Bar Hill. We are open 7.30am – 6pm, Monday to Friday, 50 weeks per year. We have spaces year-round or term-time for children aged 4 months to 4 years. Please contact the Nursery for more information or to arrange a visit. **Phone: 01954 488081 Email: info@buttercupschildcareltd.co.uk**

Bar Hill Out of School Club is based in the building next to Bar Hill Primary School. We offer Before and After School care and Holiday Club for Primary aged children. We are open 7.30am – 8.45am, 3pm – 6pm Monday to Friday and 8am – 6pm during school holidays. For more information or to make a booking please contact the Out of School Club: **Phone 01954 200814 Email: oosc@buttercupschildcareltd.co.uk**

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# Six Tips for Buying Solar Panels

Considering solar panels? Make informed choices for optimal energy generation. At Cambridge Roofers Ltd, we value reliable solar systems. Explore the six essential factors in this article to guide your decision. Solar panels impact energy consumption, savings, and the environment. With our roofing expertise, we navigate the intricacies of solar panel installations. Embark on a confident solar journey right from the start.

## 1. Check Your Roof's Warranty

Before proceeding with solar panel installation, review your roof warranty thoroughly. Some warranties may have clauses voided by installing solar panels. Understanding the terms and conditions helps you make informed decisions, preventing potential conflicts or warranty issues. According to the National Renewable Energy Laboratory, approximately 29% of residential roof area in the UK is suitable for solar panel installation.

## 2. Commission A Structural Inspection

Skipping structural inspections for solar installation can be catastrophic. Prioritise a comprehensive inspection to determine if your roof can bear the weight and stress of the panels. Addressing structural issues beforehand ensures safety, longevity, and maximises your returns. The average weight of a UK solar panel system is 15-20 kg per square metre, and a structural inspection determines roof load capacity.

## 3. Consider The Elements

Consider sunlight exposure and shading when placing solar equipment to maximise energy production and system performance, optimising ROI. The UK receives an average of 4.5 hours of peak sunlight per day, making it ideal for solar generation.

## 4. Ensure Adequate System Designs

Consider energy consumption, prices, shading, batteries, and installation space for and efficient systems. Good designs can optimise returns. The UK had over 13.5 GW of solar PV capacity by 2020, showing the growing adoption of solar energy.

## 5. Pick An Experienced Company

Solar panel defects can significantly impact performance. Common issues include module degradation, wiring faults, shading problems, and inverter sizing. Inefficient installations can reduce energy generation potential and increase the risk of accidents, fires, and equipment damage. To ensure compliance and safety, it is important to follow regulations, obtain certifications, and conduct proper inspections. Opting for solar panel companies with qualified electrical engineers (BEng. Elec) can minimise the risk of defects and failures, as poor installation practices account for about 80% of panel defects.

## 6. Assess Company Accreditation

Prioritise solar panel installers with MCS accreditation for reliability and expertise. Over 80% of installations without it face higher risks of performance issues and reduced energy savings. Choose accredited companies to secure your installation and maximise the benefits of your system.

**By George Sugden - Cambridge Roofers Ltd**
An expert in roofing and solar services, providing tips for anyone considering a solar installation this summer.

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# BAR HILL COUNTY COUNCILLOR'S REPORT

Cllr Edna Murphy - **Edna.Murphy@cambridgeshire.gov.uk**
**01223 577005**

Cambridgeshire County Council

## Holiday Activities & Food Programme

The Council's summer HAF programme is open for bookings. Children in receipt of income-related free school meals can book a holiday scheme place for 64 hours, subject to availability. Each scheme offers enriching experiences, a meal and snacks.

The HAF Team can arrange transport for families unable to access the programme otherwise. Ukrainian and other refugee families are also eligible for places as well as families 'just about managing' financially. There is a video on YouTube **youtu.be/WSOEpJIXY5c** showing what's involved. **www.cambridgeshire.gov.uk/council/communities-localism/support-with-the-cost-of-living/holiday-activities-and-food-programme/haf-provider-directory**

## Special educational needs support

A new information hub has been developed which should provide some help for parents and carers of the approximately 15,000 children with special educational needs and disability (SEND) in Cambridgeshire. The website was developed with local experts including parents, health professionals, and community organisations such as Speak Out Council and PinPoint. The tool was produced to help families and young people to navigate the special needs journey and access information and advice. There are obviously enormous needs in this area and an information hub will only represent a small step – there's a very long way to go yet. **send.cambridgeshire.gov.uk**

## Funds Available for Capital Projects

The Cambridgeshire Priorities Capital Fund is now open for applications! It provides a grant of up to £40k which can be used on capital expenditure (eg building improvements or equipment). Expressions of interest must be made by 24 September, and applicants who are successful at this stage will need to submit a Stage 2 application.

Projects should improve or upgrade community buildings and assets, and support at least 3 of the following 7 ambitions.

- Reduce net zero carbon emissions for Cambridgeshire by 2045, and our communities and natural environment are supported to adapt and thrive as the climate changes.
- Travel across the county is safer and more environmentally sustainable.
- Health inequalities are reduced.
- People enjoy healthy, safe, and independent lives through timely support that is most suited to their needs.
- People are helped out of poverty and income inequality.
- Places and communities prosper because they have a resilient and inclusive economy, access to good quality public services and social justice is prioritised.
- Children and young people have opportunities to thrive.

These projects could be for Men's Sheds, fit out work for a food bank, funding equipment – it's deliberately quite broad. And there can be more than one application per village. Guidance and the EOI template are on the website: **www.cambridgeshire.gov.uk/council/communities/cambridgeshire-priorities-capital-fund**

Have a wonderful summer! And please don't hesitate to get in touch if you have any questions or concerns.

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## Bar Hill NWR - August 2023

Bar Hill NWR (National Women's Register) is a friendly group of like minded women who meet, now in The Octagon, every two weeks discussing a variety of topics.

**Aug. 3rd - Migration and immigration; what is the difference between asylum seekers and economic migrants?**

**Aug. 17th - Pets; do you have one, were you responsible for one as a child? etc...**

**Aug 31st - Favourite walk**

If you are interested in joining please contact the Local Organiser Marie-Thé on **780329** or her deputy Julie on **201502**.

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**Wildlife Gardening in August**

Wildlife can suffer in particularly dry summers; check the pond level and top up if possible. Rainwater is preferable if available from a barrel or waterbutt, as tapwater can lead to the growth of algae in a pond. If there is no pond, then it is vital to provide alternative drinking water and washing places. An upturned dustbin lid, balanced on two piles of bricks is one solution or a washing up bowl set into the soil so it's level with the ground. Even a large, terracotta saucer or dish will suffice. Check the levels daily and fill up as necessary.

For our wonderful insects, put a shallow dish of water with stones in. The stones will provide a safe place for them to have access to the water.

bhm

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Maggie's offer a programme of support each day ranging from yoga, men's support group, art therapy for adults and separately for children, bereavement support, hypnotherapy and acupuncture for hot flushes, menopause workshops and many more support groups throughout the week.

Maggie's is located at 21 Milton House, Addenbrooke's Hospital, Puddicombe Way, Cambridge CB2 0AD.

For further information please drop in to see us or book an appointment Monday – Friday 09.00 – 17.00.

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## Bar Hill Cricket Club

We've picked up some good victories and personal highlights in our matches so far – the standout being a thrilling one-wicket win over Northstowe.

We dismissed Northstowe for 137, but at 113 for 9, Bar Hill looked out of it. But Jacob Marshall-Grint (29 not out) and final batter Barry Driver (8 not out) saw us to victory.

Away to Comberton, we restricted the hosts to 151 for 9 and then everyone chipped in to see Bar Hill to victory in the final over at 152 for 6 – Jamil Haque was 36 not out.

Comberton avenged their defeat the following week, and we also lost to Elsworth, despite Marshall-Grint scoring 41, our top individual score of the season so far.

Of our bowlers, Haque, Phil Orvis and Marshall-Grint (twice) have all picked up three wickets in an innings.

Before these most recent matches, we started the season with defeats to Cambridge St Giles III and Cambridge NCI IV, as well as having two matches rained off. In the midweek league, victory over BAS has been the highlight so far.

We now push on into the final month of the season with plenty to play for. We hold training sessions on the village green every Thursday (5.30-7.30pm). All current and prospective members of any standard and experience are welcome.

Finally, many thanks to all those who supported our barbecue on fete day (and thanks to the organisers for another super day). Your support is essential in keeping the club going and is much appreciated.

If you are interested in playing or helping the club in any way, contact us via **info@barhillcricket.org.uk**

You can also visit barhillcricket.org.uk or our Facebook page for the latest information.

Remaining fixtures:

**Saturday 5th: Camden II (H, league)**

**Saturday 12th: Northstowe (A, league)**

**Saturday 19th: Milton III (H, league)**

**Saturday 26th: Cam Kerala (H, league)**

**Saturday September 2nd: Cam Kerala (A, league)**

Paul Stimpson

**201212 | info@barhillcricket.org.uk**

**Bar Hill Village Hall**

The large Main Hall has multi-purpose vinyl flooring, making it flexible for all types of events. There is a kitchen alongside the Hall with a serving hatch, making it useful for self-catering at parties, discos and the like. The licensed bar can be booked on request and will be serviced by the Sports and Social Club. The Hall opens out onto a large patio area that is ideal for external activities or a spill-over for internal events and has two bolted gates that lead off the premises.

There is also a Meeting Room, with its own independent access and great for meetings of up to 10 people.

The Village Hall is managed as a-registered charity (number 1002579). To book, please visit our web site **barhillvillagehall.com** and email **enquiries@barhillvillagehall.com** to confirm arrangements.

Alternatively, call **01954 782414** and leave a message. We aim to return calls within 24hours (Monday to Friday).


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# BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
**01954 780456** - **clerk@barhill-pc.gov.uk**
Chairperson: **bunty.waters@barhill-pc.gov.uk**

## Correspondence

For any correspondence please contact the Clerk in the first instance (see above).

## Trip Hazards

Bar Hill Parish Council would like to ask all residents to please check behind your fences for any hazards or trip hazards on a regular basis. Many of these areas are the properties utility strips and are the responsibility of the property owner. If these areas are not maintained the Parish Council have to ask the Village Ranger to carry out the work at the cost to the Village. Please report any hazards on Parish land to the Clerk

## Parish Office Opening Hours

Monday to Friday 09.30-11.00, other times by prior arrangement.

## Grass cutting

Please could residents help our grass cutters by keeping the grassed areas free of obstacles. We hope all our green spaces are looking neat and tidy for everyone to enjoy.

## Flytipping

Within the village if the responsible person(s) cannot be found the clear up falls to the council. The costs for removal are then payable by the council from taxpayers money.

## Extraordinary Meeting

There will be an extraordinary meeting of Bar Hill Parish Council on Monday 4 September 2023 to discuss the Skatepark proposal. If you wish to attend please inform the Clerk on the above contact information.

## Bar Hill Food Trucks

Bar Hill Street Food will be serving between 5pm and 8pm in the Viking Way hammerhead. Follow the Bar Hill Street Food Facebook page for links to the food trucks social media pages and their menu - especially if you want to check out gluten free or vegan options.

**Fri 4 August - Mrs Lekka (South African and Portuguese fusion)**

**Sat 5 August - No 35 Cambridge (Kebabs)**

**Fri 11 August (service from 6pm to 9pm) Azahar (Spanish)**

**Sat 12 August - Papa Locas (Loaded fries)**

**Fri 18 August - Taco Man (Mexican)**

**Sat 19 August - Pizza Passione (Pizza)**

**Fri 25 August - Hong Kong Hit Wrap (Chinese)**

**Sat 26 August - Bills Seafood (it's a surprise menu!)**

We hope that with this culinary tour around the world that you can find something you enjoy!

If you use the Street Food trucks please take your litter home and be mindful of local residents when waiting for your order.

## Next Meeting Dates:

Environment & Amenities: 6 September 2023, Full Council: 21 September 2023, Extraordinary Meeting (Skatepark): 4 September 2023

**USEFUL LINKS:** Dogs (Fouling of Land) Act 1996 (**bit.ly/bh-dogfouling**) - Environmental Crime (**bit.ly/bh-envirocrime**) - Damaged Street Nameplate (**bit.ly/bh-streetnameplate**) - Reporting issues with roads, paths, street lights, etc.(**bit.ly/bh-highwaysfault**) - Report a non-urgent Crime - (**bit.ly/bh-reportcrime**)

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# Cambridge REMAP

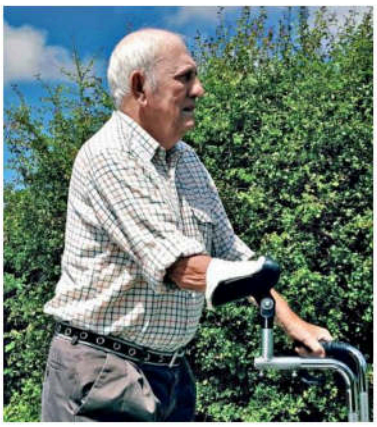
## Helping people with disabilities to live more independent lives.

**What is REMAP?** 'REMAP' stands for: Rehabilitation Engineering Movement Advisory Panels. Let's elaborate…

**What does REMAP do?**

- REMAP volunteers design and make bespoke equipment for people with a disability
- We custom-make equipment where nothing is commercially available
- We help anyone from babies to the very elderly, with simple to complex needs.

REMAP can make equipment to facilitate all areas of life, including Mobility, Personal Care, Hobbies, Communications and Sports. Here are a couple of examples:



Eilian needs to use a three-wheeled rollator to get about but having an amputation meant he could not use one safely with one hand. A 3D printed solution got him on the road again.

Linda is a singing and piano teacher who lost the ability to support her wrist at the keyboard. Her Occupational Therapist, Heidi, asked REMAP to make a wrist support. This has enabled her to get back to work and enjoying music.

**Who can get help from REMAP?**

- Anyone who is struggling with a physical task due to a disability.
- Each piece of equipment is custom-made to suit the specific needs of one individual, because everyone's needs are different.
- REMAP engineers often work with health professionals, such as Occupational Therapists, to make sure that the equipment provided meets the specific needs of the individual.
- Carers and individuals can contact REMAP directly; the referral doesn't have to come from a heath professional. Just get in touch for yourself.

**Does REMAP charge?**

- No! This service is provided free of charge
- We undertake fundraising to cover expenses such as materials to make the equipment and mileage costs
- REMAP also receives donations from people we have helped, and others.

**How can I get help from REMAP?**

- Contact REMAP (details below).
- One of our volunteers will get in touch, to visit, and assess the problem.
- The Engineer will develop a solution, in consultation with the client, the referrer (if different) and other engineers (if required).
- A referral doesn't always result in a project. We don't make equipment if something already exists which does the job. Sometimes REMAP just helps to identify an existing piece of equipment which meets the need. An existing piece of equipment can also be modified in order to make it fit for purpose, rather than starting from scratch.

Cambridge REMAP **Contact Information**:
Email: Cambridge.Secretary@remapgroups.org.uk
Tel: 07946 019175
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## THE ROYAL BRITISH LEGION

The Royal British Legion is open to anyone who would like to become a member. You do not have to have served to join. We are there to support all ex-service personnel.

If you would like to join, please either come along to a meeting or contact Wendy Arrowsmith on **01954 781381** or Malcolm Cox **01954 488657**.

Our meetings for 2023 will be held in The Meeting room of the Octagon at 7.30pm on 28th September and our AGM on 26th October.

Thank you to all those who came along to the fete and supported The Royal British Legion we raised £129.55 which is up on last year. The hampers were won by Pete Smethurst, Ian Arrowsmith, Samuel Bishop and Jonathan Lyne. Daphne Arbon and a Lady called Sarah won the other 2 prizes.

The Poppy Appeal will take place in Tesco from Monday 30th October till Saturday 11th November, if anyone would like to volunteer to help with the collection, please contact Maggie Cox on **01954 488657**.

## Bar Hill Indoor Bowls Club

We meet in the school on Friday evenings during term time only from 7.30 pm to 10pm with a 1/2 hour break for coffee. We are a very friendly group and we would love to have some new members. It doesn't matter if you have never played before just come along and join us one Friday, the cost is £2 per week but the 1st week is free.

So why not come along and give it a try?

If you would like more information please contact me on **01954 204171 / 07847 327709** or **barbara.page@live.co.uk**

Please note the club doesn't meet in August, see you on the 7th September

## Swavesey Camera Club

Are you interested in getting more from your photography whatever your level ? Come along to Swavesey Camera Club. So whether your camera is a mobile phone, basic compact camera or the latest digital SLR our programme is designed to help you get the best out of it. We are always keen to encourage new members to join and pride ourselves on being a very friendly, welcoming club with activities to suit all abilities.We will be meeting in person from Thursday 7th September 2023 onwards. We will also continue to live stream and record the meetings via Zoom for those unable to attend in person on the night. So no member will miss out on our meetings.

Our first meeting - "Welcome evening" of the new season 2023 / 2024 will be on Thursday 7th September 2023 from 7.00pm till 9pm. This first meeting is FREE to attend for non-members. So do come along and find out more about our club.

Our full 2023/2024 programme will be available to view on our website soon. We will be having guest speakers, internal competition evenings and also members evenings all of which are designed to inspire you. Some of the guest speakers will be talking about - wildlife, landscape, monochrome, creative, social documentary photography and camera techniques such as long exposure photography and more. There will also be some photography software talks as well. So there will be something for everyone !

Full membership for the whole season - Adult £68, Concessions £55, Youth £20.

Non members - £4 per visit on the night.

Meetings take place at Swavesey Village College in the Global Environment Room.

For more information go to the club website. There is also a "CONTACT US" form on the website to get further advice about joining the club; **swaveseycameraclub.co.uk**.

# BAR HILL MAPLE SURGERY

NHS

## Patient Participation Group

Patient Participation Group (PPG) brings together patients and staff. They meet quarterly to discuss issues relating to our surgery and the services we provide. We currently have good attendance for these meetings with the last one being held at the end of May. Our next meeting will be held on Wednesday 20th September. Contact **mapleppg@gmail.com** for more details.

## New patient registration

If you are interested in registering with the practice we have updated our website to allow you to search your postcode in respect to our patient boundary. Please follow the link to the web page; **https://www.maplebarhill.co.uk/new-patients-2**. We will no longer accept any registrations outside of our area.

## Missed appointment

In July 2023, 117 patients did not attend their appointment at Maple Surgery. This equates to over 50 hours of clinical time lost, which could have been used helping other patients who struggled to get an appointment.

Please cancel your appointment if it is no longer needed.

## Carers Café

If you are a carer for someone and need financial or emotional support, our carers café meeting is held every second Monday 10am-11:30am at the Hub. This is organised by our social prescriber Pekka Tutti who plans external speakers to provide information on a relevant subject. The speaker attending in August is Susan Mayes from Healthy You. Refreshments are provided. If you feel this would interest you please contact the surgery or email us at maplesurgery.enquiries@nhs.net.

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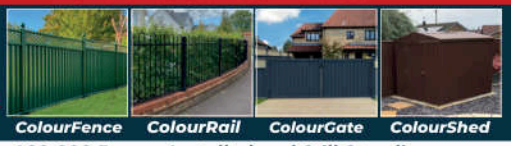

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# PlayPals

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Thursday Morning 9:45-11:15am*
at the Octagon, Bar Hill

*term time only

Taster session Free, Further sessions - under 1 £2, over 1 £3, 2 or more children £4 refreshments and snacks included

We look forward to seeing you at our next session

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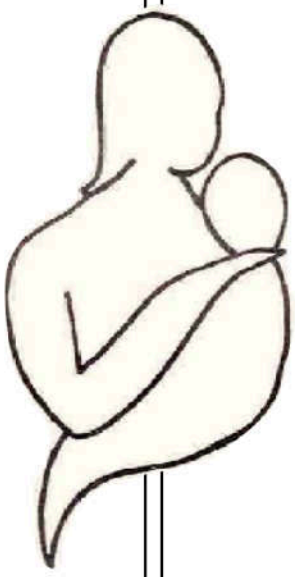
## Friends of the Rosie

We wish all our customers and supporters happy holidays and all the very best of health throughout 2023.



We are sharing our extensive catalogue on our RosieinStitches facebook page so you can grab yourself locally sourced, unique, beautifully crafted gifts for special friends and family.

By using our online store you will be avoiding the crowded shops and keeping yourself safe. You can shop for new items at www.rosieinstitches.org.uk or donated items in our rosieinstitches2010 eBay charity store, and vintage knitting patterns on our facebook page. Please take a look at our extensive selection of jumpers and cardigans ideal to keep babies and children up to 4 years old toasty and warm through the winter using coupon sleeves50.

Thank you for supporting our charity at the recent village events.

Come and see us in person at

**Longstanton Village Market**

**Saturday 19th August 10:00am to 12:30pm**

**Waterbeach Community Market**
**Sunday 17th September 10am to 3pm**

Aurelia London are offering a complimentary Miracle Cleanser 50ml when you spend £40! Worth £22 click on the link on our website

A fundraising platform we are now using is Benevity **https://causes.benevity.org/causes/826-1036092**

Please remember to use easyfundraising every time you shop online! Over 7,000 brands will donate, so you can raise FREE donations for us no matter what you're buying. These donations really help us out, so please sign up if you haven't yet. It's easy and FREE! You can get started at **https://www.easyfundraising.org.uk/causes/forh/**

We are continuing to accept donations of unwanted crafting materials for our crafters to use or for us to sell on eBay. We are still recruiting new crafters to our team.

New members are always welcome, whether to contribute financially, to join our team of crafters or display a small selection of our wares. Further details are given here on our website volunteering page.

Thank you for your continued support.

Avril Williams **01954 782431**

**avril@rosieinstitches.org.uk**

and Jo Hall **01954 780304**

## Bar Hill library

| | |
|---|---|
| Mon | 10:00am – 5:00pm |
| Tues | 2:00pm – 5:00pm |
| Wed | 10:00am – 5:00pm |
| Thurs | Closed |
| Fri | 2:00pm – 5:00pm |
| Sat | 9:30am – 12:30pm |
| Sun | Closed |

Cambridgeshire County Council

# WILLINGHAM & LONGSTANTON SURGERIES

Willingham 01954 260230 Longstanton 207600 Dispensary 207602

NHS

## Bank Holiday

Please note the surgery and pharmacy will be closed on Monday 28th August.

## Everyturn talking therapies

Everyturn talking therapies are a non-profit organisation and proud to provide free talking therapies on behalf of the NHS. Therapists are fully qualified and accredited experts in a wide range of therapies.

We know it can be difficult to ask for help. But if you feel like you're struggling, it's really important to get the right support. Everyturn talking therapies can help you to understand your problems, work through difficult feelings and find tools and techniques to help you feel better.

They offer a range of talking therapies, including counselling, cognitive behavioural therapy (CBT), and digital therapy. The best option for you will depend on your situation.

No GP referral is required. Contact them directly by filling in the form on their website everyturn.org/talking-therapies or call 0300 555 0888.

## Arriving late for your appointment

Please be aware that if you arrive late for your appointment, you may not be seen. The clinician may instruct our reception staff to rebook for another time.

## Appointments

Unfortunately, all our pre-bookable appointments and those available on the day do get allocated very quickly and we are aware of the frustration this causes. It may be worth looking online for pre-bookable appointments in the weeks ahead.

We have 3 months' worth of appointments available at a time for patients to pre-book for routine problems, as well as holding some back, for on the day appointments.

We also have our online triage system on our website, and there is also NHS 111 for non-urgent support on the day. A&E is for urgent care only.

We are no longer allowed to ask you to call back another day. Please respect the receptionist's directions and advice about which alternative pathways are most suitable for you, when our service is at capacity.

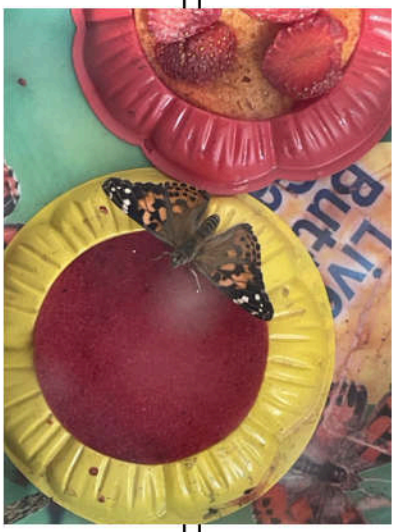
## Carers Meeting

If you are a carer for someone and need advice and financial or emotional support, please come along to our carers support meeting on Weds 2nd August at Willingham Surgery, where we will be holding a drop in meeting between 2pm and 4pm. Please come along and get some support from other people in the local community. Refreshments provided, no need to pre-book and completely FREE!

Meetings are held on the first Wednesday of every month at Willingham Surgery. Please contact Sue Lawson at the surgery or email her at **susan.lawson7@nhs.net** for more information.

# Bar Hill Childminders

Bar Hill Childminders are all graded 'Good' on their latest inspections, are fully insured and have Paediatric First Aid training. We offer quality, caring, home from home care with a wide range of exciting experiences for the children, both within our settings and the local community.



We regularly go on walks, outings and attend local groups to help the children socialise. We find having a wide range of ages benefits all the children in our care, it helps the younger children's confidence and encourages the older children to be patient and understanding with the younger children, helping them learn and progress.

We accept the 2,3 and 4 year funding and the Government Tax Free Childcare payments.

As we are busy during the day with the children, please text us your enquiry with details of your requirements and we will contact you as soon as possible with our up to date availability and hourly rates.

Jacky – **07718447998** – ages 6 months upwards. Term time and all year round care offered. Spaces expected from Sept 2024.

Kirsten – **07906218070** – ages 6 months upwards. Term time only and all year round care offered.

Kirsty – **07584168909** – Over the hill Out of School Club – Pre-school year upwards. Wrap around and holiday care offered.

In June we took part in 30 Days Wild which encouraged us to enjoy nature around us. We had caterpillars and watched them grow from tiny caterpillars into big ones like the story The Very Hungry Caterpillar. We waited patiently for them to hatch into beautiful butterflies in their special house. We fed them sugar water and pieces of fruit while they practised their flying and then we let them go and watched them fly around the garden before settling on the flowers. We've enjoyed lots of outdoor play and visited the park, we especially like the pirate ship and sail off on lots of adventures! We have enjoyed long walks to the nature reserve, we saw the water trickling under the bridge and we sat on the bench with our eyes closed and listened carefully, we could hear the wind in the trees, the birds singing, aeroplanes overhead and crickets chirping in the long grass. We collected some long grasses, buttercups, daisies and clover to make suncatchers. We did a scavenger hunt at Milton Country Park and visited the splash pads at the Abbey. We planted lettuce and tomatoes and sunflowers and we think they will grow taller than us! We made special presents for our Daddies for Fathers's Day and have enjoyed baking yummy treats to share. We have enjoyed yummy cakes at the Dry Drayton coffee mornings and watched the older children at their sports day. The end of term provided a good excuse for a party with our friends and we said 'Good bye' to some of our bigger friends who are moving up to school in September.

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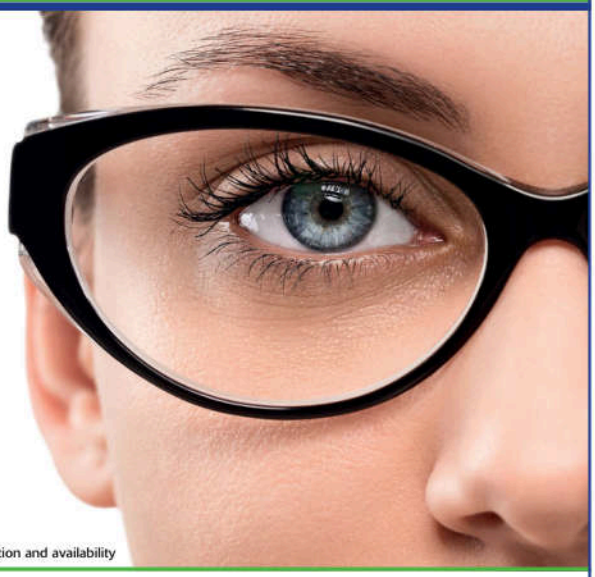

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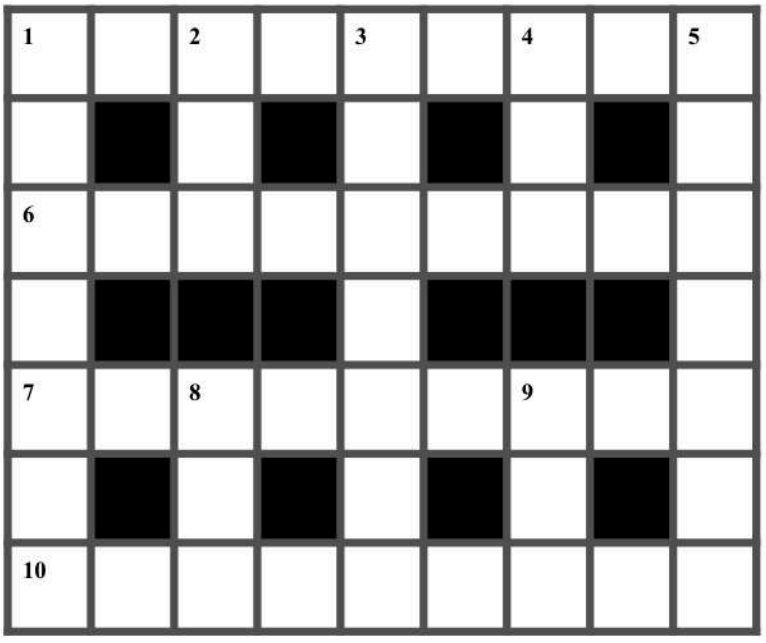
**Tuesdays & Thursdays at 7pm from The Octagon**

More and booking: linktr.ee/rfyl



**PUZZLE - August 2023**

**Across**- 1.once he woke the workers, 7&2. 6.meddling. 7.solve or remove dents. 10. good to consume.

**Down**- 1.a sauce. 2.electrical resistance unit. 3.most avid. 4.french king. 5.small enclosed area (dialect).8.petit or grand perhaps. 9.sphere.



## Bar Hill Colts

Thank you to everyone for all your help in making our Colts presentation day a success.

Also a special thank you to all committee members and coaches, without you it wouldn't be possible.

A big thank you to all the children for their continuous effort throughout the season.

Our players player, managers player and supports player awards went to the following-

U6 Vikings- MP- Carlo
PP- Dylan
SP- Augustus

U7 Raptors- MP- Charlie & Henry
PP- Harry & Joey
SP- Daniel

U9 Panthers- MP- Kaiden
PP- Oscar
SP- Oliver

U10 Sharks- MP- Alex T
PP- Frankie
SP- Max

U11 Titans- MP- Frankie C
PP- Frankie C
SP- Nicolai

U12 Jets- MP- Aaron
PP- Rylan & Will
SP- Rylan

U15 Blues- MP- Adrian
PP- Deacon
SP- Acer

We have also started another Under 7's team(they will be u8's as of September) we are looking for a few extra coaches and players.

Please get in Touch If you can help.

## Bar Hill Pre-School

For July, the last month of our school term, we have been supporting our children's transitions to school. This included a school role play area with uniform to try on, and our own registers to ensure that all of our friends are with us. On Friday 21st July, we sadly said goodbye to our children moving onto primary school. We wish them all lots of fun and exciting opportunities in the next stage of their education.

Our focus this term is the 'local environment' and the 'wider world'. We have written letters to our friends in Bulgaria and Spain, buying stamps from the post office to send our letters.

Whilst we are closed for the Summer holidays, we will offer some 'Summer play sessions'. These are offered as parent and child sessions, and are suitable for ages approx 2-5 years old. Times are 9.45am-11.15am and charges are £2.50 per child, which includes a snack and drink. Dates offered are:

Thursday 27th July

Tuesday 1st August

Thursday 17th August

Wednesday 23rd August

To reserve a place, please email: **vhmanager@barhillpreschool.co.uk**

Interested in finding out more and booking a place for your child? Contact **enquiries@barhillpreschool.co.uk** or call **01954 782892**. You could also visit our website www.barhillpreschool.co.uk for an enrolment form.

Children are offered places from the term after the child's second birthday. We are open 9am-3pm in term time only. Funding and Childcare payment schemes are accepted.

## BAR HILL POST OFFICE

The opening hours for the post office are;

**Mon, Wed, and Fri** 09:00-17:30

**Tue** 09:00-14:30

**Thu** 09:00-12:30

**Sat** 09:00-12:15

**Sun** Closed

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Bar Hill library
BAR HILL LEGO CLUB
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ALL SESSIONS ARE FREE OF CHARGE AND DON'T NEED BOOKING, JUST COME ALONG WITH YOUR CHILDREN!
Cambridgeshire County Council

# WELLBEING WALKS

## AUGUST WALKS: 1st, 15th, and 29th

WE MEET BETWEEN 10:30 AND 10:50 AM IN THE HOTEL CARPARK (WALK DEPARTS AT 11), OR JOIN US AT 11:05 OUTSIDE THE PARISH COUNCIL OFFICES/ OCTAGON

WALKS ARE ABOUT 60-90 MINUTES

FOR MORE DETAILS (INCLUDING ROUTE) CONTACT WELLBEING-WALKS@BARHILL-CA.ORG OR VISIT WWW.BARHILL-CA.ORG

RAMBLERS WELLBEING WALKS

BAR HILL COMMUNITY ASSOCIATION
BY THE COMMUNITY, FOR THE COMMUNITY
www.barhill-ca.org

South Cambridgeshire District Council

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**14th July**

**11th August**

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For more information please call in, call 01954 780305, email fox.cambridge@blackrosepubs.com, or send us a message on facebook.

**Looking for opportunities to volunteer? Want to use or develop new skills? Computing, English, Marketing, … ?**

## BHCA

**We'd love to hear from you at the Bar Hill Community Association (BHCA). Please get in touch:**

**volunteering@barhill-ca.org**

**07814 871 752**